

Grocery Store Treasure Hunt

Grains

Most people need to eat more whole-grain foods. Breakfast cereals are an easy way to add whole grains to your diet. Look for some cereals that have one of these words as the first ingredient: oatmeal, whole-grain corn, whole oats, whole wheat.

The color of the bread does not mean it is whole-grain. Bread can be brown because of molasses or other added ingredients. Read the label to see if it's made with a whole grain. Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually **not** whole-grain products.

Dear Parents:

We have been learning about nutrition and *MyPyramid for Kids* in our class. You can help your child learn more about the foods your family enjoys. Take this sheet along with you the next time you go to the supermarket and have your child look for foods in each food group. If you have access to the Internet, you can learn more about *MyPyramid* at **MyPyramid.gov**.

Make this a fun treasure hunt and a memorable activity for your child.

Signed,

Your Child's Teacher

Vegetables

Look for some dark green or orange vegetables such as broccoli, spinach, romaine lettuce, carrots, sweet potatoes, and pumpkin. Most kids (and adults) don't get enough of these.

Fruits

Choose one fruit you've never tried but would like to try. When buying fruit drinks, find one that is 100% fruit juice. It's a good idea to offer your child whole fruits more often than 100% fruit juice.

Milk

Kids need the calcium from milk and milk products every day to build strong bones. Help your child choose a calcium-rich food to eat for a snack such as fat-free yogurt, lowfat cheese and cottage cheese, or 1% or fat-free milk.

Meat and Beans

Look at all the kinds of foods in the meat and beans group. Then find some different types of dry beans. These are good sources of protein.